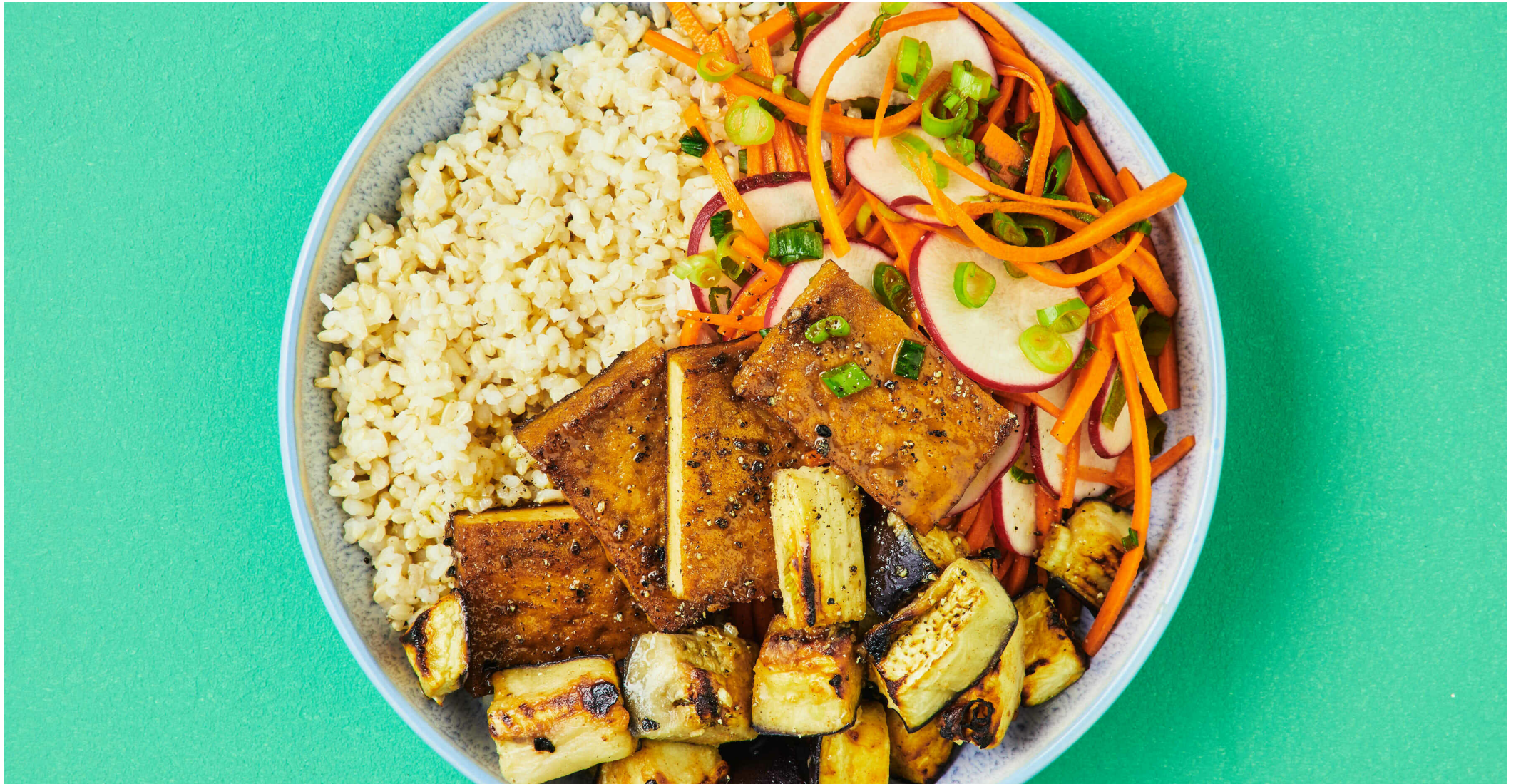


# DINNERLY



## Balanced Sesame Tofu Bowl

with Miso Eggplant and Brown Rice



35 minutes



2 Servings

Bring healthy vibes to your meal plan this week and fuel up on the good stuff. Start with a base of brown rice, top with sesame tofu and miso-marinated eggplant, then finish with a crispy, crunchy carrot and radish salad.



## WHAT WE SEND

- 125g brown rice
- 1 eggplant
- 2 spring onions
- 20g miso paste <sup>1,6</sup>
- 1 carrot
- 40g radish
- 200g sesame, soy and ginger tofu <sup>1,6,11</sup>

## WHAT YOU NEED

- 2 tbs vegetable oil
- 1 tbs dijon mustard <sup>17</sup>
- 2 tsp honey
- 2 tsp soy sauce <sup>6</sup>
- 1 tbs white vinegar

## TOOLS

- oven tray
- baking paper
- medium saucepan
- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 685kcal, Fat 33.1g, Carbs 70.5g, Proteins 23.9g



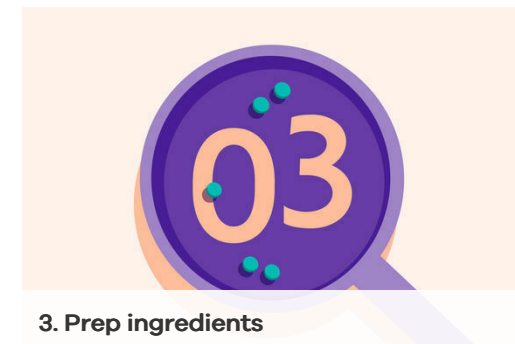
### 1. Cook rice

Preheat the oven to 220C. Line an oven tray with baking paper. Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



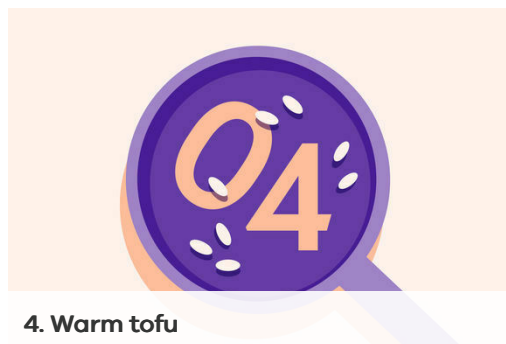
### 2. Roast eggplant

Meanwhile, cut the **eggplant** into 2cm chunks. Thinly slice the **spring onions**, keeping the white and green parts separate. Combine the **eggplant, white part of the spring onion, miso, 1 tbs vegetable oil, 1 tbs dijon mustard** and **2 tsp honey** in a bowl. Season with **salt and pepper**. Put on the lined tray and roast for 15 mins or until softened and slightly charred.



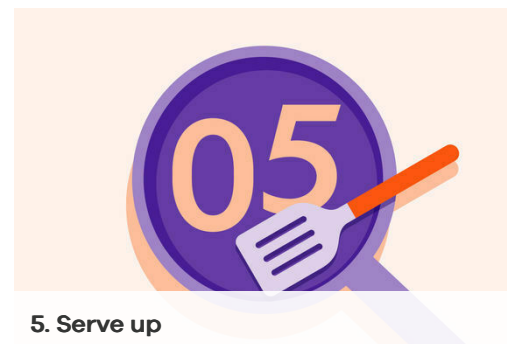
### 3. Prep ingredients

While the eggplant is roasting, peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Thinly slice the **radish**. Halve the **tofu** pieces.



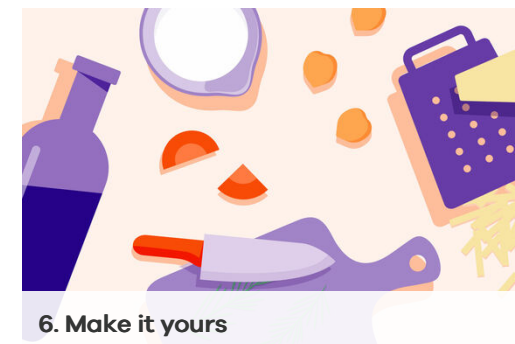
### 4. Warm tofu

Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Cook the **tofu**, turning occasionally, for 4 mins or until golden. Remove from the pan.



### 5. Serve up

Combine the **carrot, radish, remaining spring onion, 2 tsp soy sauce** and **1 tbs white vinegar** in a bowl. Divide the **rice** among bowls, top with the **eggplant** and **tofu** and spoon over any tray juices. Serve with the **carrot salad** and enjoy!



### 6. Make it yours

Got some sesame seeds on hand? Sprinkle over the top for extra nutty flavour and crunch.